

To read more about our Fitness classes, please view our detailed descriptions online at www.CarlsbadConnect.org.

Health Barre ♥

Improve your posture, muscle-tone and strength with basic ballet movements used on center floor and the barre. You'll work your entire body with dumbbells, bands and other methods of resistance to promote lean muscle. Our workout concludes with abdominal workout and lengthening stretches. Please bring a mat, 1 or 2 lb. hand weights, water and a towel. Drop In \$10.

Stagecoach Community Center: Activity Room

Instructor: Fit, Fun and Fabulous

Age: 14Y and up

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
55633	9:00-10:00am	F	Jan 4-Feb 8	6c	\$50/\$60
55634	9:00-10:00am	F	Feb 22-Mar 29	6c	\$50/\$60
55637	9:00-10:00am	F	Apr 12-May 17	6c	\$50/\$60
55638	9:00-10:00am	F	May 31-Jul 5	6c	\$50/\$60

Hosp Grove K-9 Workout ♥

Enjoy a workout with your well behaved, leashed K9 pal. We will walk, run, and workout along the trail using resistance bands and plyometric workouts, ending with a yoga inspired cool down. This is a great way for you and your dog to stay in shape, have fun, and socialize. Must bring a 6 ft. (or shorter) dog leash. Bring a resistance tube, or the instructor will have one for you to purchase for \$10.

Hosp Grove: Picnic Area and Playground

Instructor: Tracey Kiernan

Age: 18Y and up

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
55765	9:30-11:00am	M	Jan 7-Feb 11	6c	\$60/\$70
55766	9:30-11:00am	M	Mar 4-Apr 22	8c	\$96/\$106
55767	9:30-11:00am	M	May 6-Jun 24	8c	\$84/\$94

Jacki Sorensen's Aerobic Dancing ♥

Jacki Sorensen's Aerobic Dancing is the world's first aerobic dancing program, originating over 40 years ago. It's a progressive course that's choreographed specifically for non-dancers. So come sway, stretch, crunch, squat, and swing yourself into total body fitness while enjoying music from a variety of different music genres. Jacki's classes are effective, exciting and fun! Please bring a mat and water bottle to class. Choosing the two-day a week class will allow you to choose which two days you wish to attend. Drop in \$10 per class.

Harding Community Center: Recreation Hall

Instructor: Frances Walters

Age: 18Y and up

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
55747	8:30-9:30am	MWF	Jan 14-Mar 8	24c	\$104/\$114
56072	8:30-9:30am	2 days/wk	Jan 16-Mar 8	16c	\$ 84/\$ 94
55749	8:30-9:30am	MWF	Mar 11-May 10	27c	\$127/\$137
56073	8:30-9:30am	2 days/wk	Mar 13-May 10	18c	\$ 95/\$105
55775	8:30-9:30am	MWF	May 13-Jun 28	21c	\$118/\$128
56074	8:30-9:30am	2 days/wk	May 15-Jun 28	14c	\$ 95/\$105

Aerobic Dancing – Lite! Tuesdays or Thursdays

Jacki Sorensen's Aerobic Dancing, choreographed for the non-dancer, is everything you need to get fit. Work your core, strengthen and tone your muscles, get a great cardiovascular workout and increase your flexibility. This class uses upbeat and motivating music for a safe, effective, Get-It-All-Together approach to fitness-all while having fun!

Senior Center: Dance Studio

Instructor: Margaret Grundman

Age: 50Y and up

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
55191	8:45-9:45am	Tu	Jan 15-Feb 19	6c	\$36/\$46
55192	8:45-9:45am	Tu	Feb 26-Apr 9	6c	\$36/\$46
55193	8:45-9:45am	Tu	Apr 16-May 21	6c	\$36/\$46
55149	8:45-9:45am	Th	Jan 17-Feb 21	6c	\$36/\$46
55150	8:45-9:45am	Th	Feb 28-Apr 11	6c	\$36/\$46
55151	8:45-9:45am	Th	Apr 18-May 23	6c	\$36/\$46

Aerobic Dancing – Lite! Tuesdays and Thursdays

This is a twice-a-week class. Jacki Sorensen's Aerobic Dancing, choreographed for the non-dancer, is everything you need to get fit. Work your core, strengthen and tone your muscles, get a great cardiovascular workout and increase your flexibility. This class uses upbeat and motivating music for a safe, effective, Get-It-All-Together approach to fitness-all while having fun!

Senior Center: Dance Studio

Instructor: Margaret Grundman

Age: 50Y and up

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
55195	8:45-9:45am	Tu/Th	Jan 15-Feb 21	12c	\$60/\$70
55196	8:45-9:45am	Tu/Th	Feb 26-Apr 11	12c	\$60/\$70
55197	8:45-9:45am	Tu/Th	Apr 16-May 23	12c	\$60/\$70

Live Long Do Qigong ♥

Increase energy, reduce stress, improve sleep patterns, enhance mental acuity and strengthen immune system with the clinically-proven practice of Qigong (pronounced Chee-gong). Immediately benefit from deep relaxation, breathing exercises and vitalizing gentle, fluid movements that may be done standing or sitting in a chair. All physical conditions welcome. Drop in \$10.

Senior Center: Dance Studio

Instructor: Fay McGrew

Age: 50Y and up

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
55387	10:00-11:00am	Tu	Jan 8-29	4c	\$32/\$42
55388	10:00-11:00am	Tu	Feb 5-26	4c	\$32/\$42
55389	10:00-11:00am	Tu	Mar 5-26	4c	\$32/\$42
55390	10:00-11:00am	Tu	Apr 2-23	4c	\$32/\$42
55391	10:00-11:00am	Tu	Apr 30-May 21	4c	\$32/\$42

Pi Yo ♥

Merging Pilates and Yoga is the perfect combination of modern and ancient mind, body and core strength. Each discipline has its own postures and power moves creating a tremendous energy from within. Our focus is deep muscle work building strength and harmony. Please bring towel & yoga mat. Drop in \$9. Class will not be held on 1/21/13.

Calavera Hills Community Center: Activity Room

Instructor: Sue Stewart

Age: 13Y and up

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
55948	6:00-7:00pm	M	Jan 7-Feb 4	4c	\$25/\$35
55949	6:00-7:00pm	M	Feb 25-Mar 25	5c	\$32/\$42
55950	6:00-7:00pm	M	Apr 8-May 6	5c	\$32/\$42

Please share your experience
so we may continue to offer quality
programs in our community.
www.carlsbadca.gov/parksandrec
then click on the link [Provide feedback.](#)

Pilates with a Stretch ♥

Join us in our quest for longer leaner muscles, core strength and fitness. Stretching is a bonus, which will help increase range of motion, elongate muscles and prevent injuries. To expand your results, emphasis will be placed on proper form, breathing and technique. Please bring a towel. Drop in \$9.

Calavera Hills Community Center: Activity Room

Instructor: Sue Stewart

Age: 13Y and up

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
55955	6:00-7:00pm	W	Jan 2-30	5c	\$32/\$42
55956	6:00-7:00pm	W	Feb 20-Mar 20	5c	\$32/\$42
55957	6:00-7:00pm	W	Apr 10-May 8	5c	\$32/\$42

Stroller Yoga ♥

Stroller Yoga in the park is a fun and interactive fitness program that can be done with your child. It's a combination of basic yoga stretching, strength/flexibility work, and cardio fitness, while spending time with your little one. A yoga mat/towel is recommended as well as walking/jogging shoes for the cardio portion. Children must be at least 8 weeks old to begin classes but can participate up to any age so long as they still enjoy a ride in the stroller. Let the Zen Begin!

Poinsettia Park: Open Space 3

Instructor: Courtney Apanowicz

Age: 16Y and up

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
55600	9:30-10:30am	Tu	Jan 8-Feb 19	7c	\$59/\$69
55601	9:30-10:30am	Tu	Mar 5-Apr 23	8c	\$67/\$77
55602	9:30-10:30am	Tu	May 7-Jun 25	8c	\$67/\$77
55603	9:30-10:30am	Th	Jan 10-Feb 21	7c	\$59/\$69
55604	9:30-10:30am	Th	Mar 7-Apr 25	8c	\$67/\$77
55605	9:30-10:30am	Th	May 9-Jun 27	8c	\$67/\$77

Tai Chi Chuan ♥

Experience an introduction and instruction on the Chinese exercise/discipline of Tai Chi Chuan. This slow non-strenuous exercise places emphasis on balance, flexibility and ease of movement for the continuation or improvement of health for the rest of your life. Drop in \$8.

Calavera Hills Community Center: Activity Room

Instructor: Ben Parsons

Age: 16Y and up

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
55674	9:00-11:00am	M	Jan 7-Feb 11	5c	\$26/\$36
55675	9:00-11:00am	M	Mar 4-Apr 22	8c	\$42/\$52
55676	9:00-11:00am	M	May 6-Jun 24	7c	\$36/\$46
55677	9:00-11:00am	Sa	Jan 5-Feb 23	7c	\$36/\$46
55678	9:00-11:00am	Sa	Mar 9-Apr 27	8c	\$42/\$52
55679	9:00-11:00am	Sa	May 11-Jun 29	8c	\$42/\$52

Yoga ♥

Beginner/Intermediate

This is an active flow Yoga class. Each session includes asanas (postures) that are sequenced to provide a contemporary fitness approach to traditional Yoga practice. Yoga offers the opportunity for improvement in spinal stability, posture, abdominal strength, coordination and balance, as well as managing stress. Please bring a mat. Drop In \$9.

Harding Community Center: Recreation Hall

Instructor: Courtney Apanowicz

Age: 14Y and up

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
55242	5:30-6:30pm	Tu	Jan 8-Feb 19	7c	\$51/\$61
55243	5:30-6:30pm	Tu	Mar 5-Apr 23	8c	\$59/\$69
55244	5:30-6:30pm	Tu	May 7-Jun 25	8c	\$59/\$69
55245	5:30-6:30pm	Th	Jan 10-Feb 21	7c	\$51/\$61
55246	5:30-6:30pm	Th	Mar 7-Apr 25	8c	\$59/\$69
55247	5:30-6:30pm	Th	May 9-Jun 27	8c	\$59/\$69

See registration information on page 42.

Take an Armchair Tour of Carlsbad's Public Art!



- See local sculptures, murals and more
- Learn about the artists and their designs
- Map an art trail through city parks and buildings
- Find fun facts on each artwork

It's all on the Public Art Interactive Map, a web-based image gallery of the city's entire public art collection and a map detailing the location of each piece!

Check out Carlsbad's local arts treasures at www.carlsbadca.gov/arts. Click on "Public art interactive map" and away you go!



Yoga Circle

Empower yourself with this gentle, yet challenging yoga class! You'll stretch and strengthen with a flow of postures, improving balance and flexibility. Deep breathing will relax and rejuvenate you, releasing stress. Body, mind and spirit will harmonize naturally. Please wear loose clothing, bring a mat and an empty stomach. Drop In \$11.

Calavera Hills Community Center: Activity Room

Instructor: Cynthia Collier

Age: 14Y and up

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
55616	4:30-5:30pm	W	Jan 9-Feb 6	5c	\$43/\$53
55617	4:30-5:30pm	W	Feb 20-Mar 27	6c	\$51/\$61
55618	4:30-5:30pm	W	Apr 10-May 15	6c	\$51/\$61
55620	4:30-5:30pm	W	May 29-Jun 3	6c	\$51/\$61

Yoga Plus

Yoga Plus is a combination of Yoga and Pilates. Each session includes Yoga asanas (postures) that are sequenced to provide a contemporary fitness approach to traditional Yoga practice, plus a selection of Pilates mat work exercises designed to improve spinal stability, posture, and abdominal strength. Please bring a mat. Drop in \$9.

Senior Center: Auditorium

Instructor: Courtney Apanowicz

Age: 14Y and up

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
55594	6:00-7:00pm	W	Jan 9-Feb 20	7c	\$51/\$61
55595	6:00-7:00pm	W	Mar 6-Apr 24	8c	\$59/\$69
55596	6:00-7:00pm	W	May 8-Jun 26	8c	\$59/\$69

Zumba

Zumba Fitness

Zumba classes feature exotic rhythms set to high-energy Latin and international beats. Before participants know it, they're getting fit and their energy levels are soaring! This is 'Exercise in Disguise!'

Harding Community Center: Recreation Hall

Instructor: Diane Barry

Age: 13Y and up

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
55783	6:45-7:45pm	Tu	Jan 8-Feb 5	5c	\$42/\$52
55784	6:45-7:45pm	Tu	Feb 19-Mar 26	6c	\$50/\$60
55785	6:45-7:45pm	Tu	Apr 9-May 14	6c	\$50/\$60

Senior Center: Auditorium

Instructor: Diane Barry

Age: 13Y and up

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
55786	6:45-7:45pm	Th	Jan 3-Feb 7	6c	\$50/\$60
55789	6:45-7:45pm	Th	Feb 21-Mar 28	6c	\$50/\$60
55790	6:45-7:45pm	Th	Apr 11-May 16	6c	\$50/\$60

Zumba Fitness

Zumba fitness is one of the fastest growing dance based fitness crazes in the country. You'll agree this is the most fun you've ever had working out with easy to follow dance moves and motivating Latin rhythms such as Merengue, Salsa, Cumbia, Reggeaton and even Belly Dance and Hip Hop. Drop in \$11.

Stagecoach Community Center: Activity Room

Instructor: Fit, Fun and Fabulous

Age: 14Y and up

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
55639	9:00am-10:00am	M	Jan 7-Feb 4	4c	\$33/\$43
55640	9:00am-10:00am	M	Feb 25-Mar 25	5c	\$42/\$52
55641	9:00am-10:00am	M	Apr 8-May 13	6c	\$50/\$60
55642	9:00am-10:00am	W	Jan 2-Feb 6	6c	\$50/\$60
55643	9:00am-10:00am	W	Feb 20-Mar 27	6c	\$50/\$60
55644	9:00am-10:00am	W	Apr 10-May 15	6c	\$50/\$60

Zumba Gold

This dance/fitness class uses easy-to-follow dance steps coupled with infectious international rhythms with a Latin flair! Songs are choreographed for specific purposes; warm-up, cardio-conditioning, balance and stretching. You'll exercise the heart muscle and the brain, stay fit and have fun in a party-like atmosphere. All levels welcome, dress lightly, bring water. Drop in \$7.

Senior Center: Activity Room

Instructor: Donna Billmeyer

Age: 50Y and up

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
55269	10:45-11:45am	F	Jan 4-25	4c	\$20/\$30
55270	10:45-11:45am	F	Feb 1-22	4c	\$20/\$30
55271	10:45-11:45am	F	Mar 1-29	5c	\$25/\$35
55272	10:45-11:45am	F	Apr 5-26	4c	\$20/\$30
55273	10:45-11:45am	F	May 3-31	5c	\$25/\$35

Youth Fitness

Zumbatomic

Lil Starz

Zumbatomic® is a specially designed class for children. The overall goal is to create a fun and healthy program for children using the Zumba Fitness® concept. This is "exercise in disguise."

Harding Community Center: Auditorium

Instructor: Diane Barry

Age: 4Y - 7Y

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
55792	11:30am-12:30pm	Sa	Jan 5-Feb 9	6c	\$50/\$60
55793	11:30am-12:30pm	Sa	Feb 23-Mar 30	6c	\$50/\$60
55804	11:30am-12:30pm	Sa	Apr 13-May 18	6c	\$50/\$60

Big Starz

Zumbatomic® is a specially designed class for children. The overall goal is to create a fun and healthy program for children using the Zumba Fitness® concept. This is "exercise in disguise."

Harding Community Center: Recreation Hall

Instructor: Diane Barry

Age: 8Y - 12Y

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
55806	12:45-1:45pm	Sa	Jan 5-Feb 9	6c	\$50/\$60
55807	12:45-1:45pm	Sa	Feb 23-Mar 30	6c	\$50/\$60
55808	12:45-1:45pm	Sa	Apr 13-May 18	6c	\$50/\$60

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